PRACTICAL HELPS
ON
COOKING

Compiled by the

W. M. S.

of the

Baptist Church of Evergreen

Evergreen, 1926 Alabama

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SOUPS

GUMBO

1 small soup bone,
1 can Okra,
1 can Tomatoes,
1 cup Butter Beans,
2 Onions,
3 or 4 Irish Potatoes,
2 tbls. Worchestershire Sauce,
2 Cloves and a few Celery Seed,
1 small pod Red Pepper,
2 tbls. Flour,
6 slices Bacon.

Cover soup bone with water and boil one hour. Add vegetables and seasoning. Fry out bacon and brown flour in the grease. Add more water to this and pour into the soup mixture. Cook for several hours longer.

CREAM OF TOMATO SOUP

Into a double boiler put one quart of sweet milk and let come to a brisk boil. Then rub 1 heaping tbls. of butter and 2 heaping tbls. flour to a smoothe paste and thicken milk with it. Bring to a boil 1 can tomatoes, strain, add ¼ t. s. soda. Put milk back on fire, let come to a boil, add hot tomatoes and serve at once.

CHICKEN GUMBO

Fry a year old chicken. Slice 1 large onion, 1 quart okra, 6 tomatoes, 2 sprigs parsley. Fry all of these quite slowly, then put into a boiler with the chicken. Add 1 gallon boiling water, ½ t. s. pepper and 2 t. s. salt. Stew slowly two hours. Add 1 cup of cream and 1 cup of boiled rice. Let boil up once and serve.

OYSTER STEW

Three pints of milk, one pint oysters. Heat milk to the boiling point, smoothe 4 tbls. flour in a little extra milk, pour slowly into the hot milk, stirring briskly for two minutes. Add a lump of butter. Then put in the oysters and keep over fire for several minutes longer. Remove and add salt and pepper to taste and serve at once.

OYSTER GUMBO

Boil one hen with chopped onion until thoroughly done. Remove chicken and add to stock liquor from 50 oysters. Let this boil a short time and add oysters, allowing them to boil only 5 minutes.

TOMATO AND OKRA SOUP

From a pint of chicken, beef or other meat stock, with fat removed, a very nice soup can be made by cooking a pint of chopped okra and a pint of chopped tomatoes with two pints of water until thoroughly done and then mixing with the stock.

CREAM OF PEA SOUP

Add a cup of cold water to a cup of English peas, let boil for about 15 or 20 minutes. Pour into a potato ricer, pressing all pulp from the peas. Now place the liquid and pulp back on the fire. Add 2 cups of milk thickened with 2 tbls. flour, a lump of butter, salt and pepper to taste.

OYSTERS AND FISH

OYSTERS AND FISH

To keep fish from falling to pieces in the cooking, it is necessary to have the pan very hot. Do not cover, condensing moisture will soften it and make it difficult to keep it's shape.

On frying be sure to use enough fat to completely cover the food to be cooked. Have the grease smoking hot and keep an even temperature.

FRIED OYSTERS

Select large oysters, drain and sprinkle with salt and pepper and dip first in stale or dried bread crumbs, run through food chopper, then in beaten egg and again in the crumbs. Place in a wire basket and drop into deep Crisco heated until it browns a cube of bread in forty seconds. Fry 'til nicely brown and drain on brown paper. Serve hot with tomato catsup.

SCALLOPED OYSTERS

Make a cream sauce using a pint of milk, and season with salt and pepper. Pour a little into a baking dish, add a layer of oysters, sprinkle thickly with dry bread crumbs (or Cracker crumbs) and pepper and salt. Add another layer of sauce, then oysters and crumbs. Repeat the process until dish is full, having crumbs and dots of butter on top. Bake in moderate oven. Garnish with chopped parsley before serving.

BOSTON OYSTER PIE

Make a cream sauce, season with salt, red pepper and mace. Add a pint of oysters and cook slowly 'til the edges curl. Line a baking dish with thin pastry. Fill center with clean towels, folded to support the lid and bake. When brown remove upper crust carefully, fill the pan with the hot oysters and serve.

CREAMED OYSTERS

Make cream sauce of one tablespoon butter, 2 tablespoons flour, one cup cream, salt and pepper to taste. Cook until thick; add a pint of oysters with their liquor and cook slowly until edges curl. Serve on toast.

OYSTERS FRIED IN BATTER

One cup milk, two eggs (well beaten), pepper and salt, flour enough to make a moderately stiff batter. Add a cup of oysters from which liquor has been drained. Season with grated nutmeg and drop by spoonfuls into deep fat. One-half teaspoonful Royal Baking Powder will make a light and puffy batter. If preferred the oysters can be dipped in batter one at the time.

DEVILED CRABS

Rub yolks of two hard boiled eggs until smooth. Add one and one-half tablespoons melted butter, one tablespoon vinegar, salt and cayenne pepper to taste. Stir in the yolks of three raw eggs, then the stiffly beaten whites and the whites of the hard boiled eggs mashed fine. Mix this with the meat of a can (large) of crabs. Put in individual shells. Pour over each a little melted butter and a sprinkle of cracker crumbs. Put in quick oven and brown and serve with English peas.

SPANISH MACKEREL

Take two pound fish and split it in half, lengthwise, wash and dry it. Take a biscuit pan, grease thoroughly, also grease fish on skin side, laying it in pan on skin side. Sprinkle with salt, put in hot oven and let cook while you prepare sauce.

Sauce For Fish

Take a small boiler and into it put three quarters cup water, a large piece of butter, one tablespoon each Worchestershire sauce and tomato catsup, and juice of one-half lemon, salt and pepper to taste. After fish has cooked fifteen or twenty minutes pour over it the sauce, return to oven and brown, basting frequently. Serve with parsley or sliced lemon.

GOOD SALMON CROQUETTES

Make a double thick sauce, using two tablespoons butter and two tablespoons flour. Put on stove together—melting butter and stirring in flour and salt to taste. Add slowly three quarters cup sweet milk, stirring constantly. Cook until very thick. Put aside to cool while you mash the salmon, taking out bones and draining off liquor. Into the salmon put one tablespoon of Worchestershire sauce, pepper and half a grated onion. Add thick sauce, mixing thoroughly. Shape into croquettes and dip in beaten egg and cracker crumbs and fry in deep fat, or Wesson oil. Should mixture be too soft put in cracker crumbs to stiffen. Add chopped parsley. Chicken croquettes can be made same way.

BAKED TROUT

Use large sized fish for baking. Dress and salt and rub well with flour. Brown in equal parts of butter and lard. Add two or three cups of hot water, three quarters cup catsup, one quarter cup Worchestershire sauce, salt and pepper. Baste until tender.

BAKED RED SNAPPER WITH TOMATO SAUCE

1 can tomatoes,
1 cup water,
1 onion, size of hickory nut
2 tbls. of vinegar or juice of ½ lemon.
2 scant tablespoons flour.

Chop onion and put all on the fire except flour. Let boil ten or fifteen minutes. Then smooth the flour with a little juice from tomato mixture. Pour in and let thicken. Put all through colander and season with salt and pepper and set on the rack of stove. Have ready a two pound red snapper. Soften one cup of bread crumbs with a few spoons of the tomato mixture and stir in it the yolk of one egg and a small lump of melted butter. Put this inside of the fish and tie around with a string to hold together well. Place fish in a baking pan with a little water and spread thickly with a paste of butter, flour and salt smoothed together. Cook until tender and brown. Serve hot with tomato sauce poured around it.

SALMON CROQUETTES

1 can salmon,
2 small Irish potatoes,
salt, pepper, mustard to taste,
1 egg.

Drain salmon and mix all thoroughly, make into balls, roll in flour and fry in hot fat turning and browning on all sides. Serve plain or with cream sauce.

FISH CHOWDER

Use a three or four pound fish. Fry out a few pieces of bacon and brown in the grease two tablespoons of flour which has been smoothed in a little water. Use also in this the chopped bacon or ham scraps. Season with salt, pepper, onion, thyme, and parsley. Then add tomato paste (a 5c can) and on can tomatoes with their juice. Slice new peeled Irish potatoes about one quarter inch thick and cut fish into two inch pieces. Put layer of fish and layer of potatoes in vessel and pour over it the tomato mixture. Cover pot, set on back of stove and cook slowly until potatoes are well done.

SAUCE FOR OYSTER COCKTAIL

Mix one and one-half tablespoons lemon juice, four tablespoons tomato catsup, six drops tobasco sauce (if this is not convenient, a little red pepper), one tablespoon grated horseradish, one tablespoon Worchestershire sauce, salt to taste. Allow from six to eight small oysters to this portion.

DRAWN BUTTER SAUCE

4 tablespoons butter,
2 tablespoons flour,
1 cup hot water,
¼ teaspoon salt,
Few grains pepper.

Melt butter, add flour and seasonings. Cook until bubbling and then stir in gradually the hot water. Cook, stirring constantly until smooth and thickened. This may be served with baked fish or with some vegetables, as spinach or asparagus.

CUCUMBER SAUCE

1 cup heavy cream,
¼ teaspoon salt.
1 cucumber chopped and drained,
3 tablespoons vinegar,
Dash of cayenne.

Beat cream till stiff, slowly add seasonings and vinegar. Just before serving, combine with cucumber. This is delicious with any kind of cold fish.

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MEATS

HINTS ON SEASONING

Certain meats demand a sweet-sour flavor. Cider added to boiling ham is an excellent example of this type of flavoring. Thin slices of ham baked in grape juice is another. Tongue with raisin sauce its still another possibility. Sometimes a bit of sweet alone will help a meat more than anything else—a few grains of sugar, either plain or caramelized, greatly improving veal, brown beef stew, etc.

BEEF LOAF

2℔s. of lean beef or steak. Put through food chopper, add a lump of butter, salt, pepper, and nutmeg to taste and a chopped onion. Beat 2 eggs till light, roll 4 or 5 crackers into crumbs. Mix, make into a loaf and bake.

A gravy may be made to serve with this if desired by adding a lump of butter, a tablespoon of fllour and a cup of water smoothed together a few minutes before taking from the oven.

BRINE FOR PICKLED BEEF

Make a brine that will float an egg. To each gallon of brine add ½ c. brown sugar, 1 tbls. ground black pepper, 1 t. s. saltpetre, 1 tbls. ground allspice and small pod of red pepper. Boil. After it cools, pour into a stone jar. The next day put in beef which should be slightly salted over night—one gallon will cover about 15 or 18 ℔s. In a week or ten days it will be ready to boil. All salt meat should be boiled slowly well covered in water.

FRENCH ROAST

Have 2 ℔s. round meat chopped at market. Wipe well with a damp cloth and rub in fllour, pepper and salt. Sear on both sides in a very hot greased roaster. Then pour in water and add a tablespoon butter. Turn and baste frequently till tender.

ROAST BEEF

Place 5 ℔. roast in roaster and almost cover with water. Season well with salt, pepper, celery seed, and a good sized onion thinly sliced. Boil slowly until tender. Then flour and brown in oven.

POT ROAST

Select a good cut, 3 or 4 ℔s. Wipe with damp cloth (never wash . Put into a pot or roaster the fat that should come with the roast, or use drippings and let get very hot. Place in a pot and sear on all sides until a good brown. When well done reduce the fire and let cook until done. When half done salt and pepper and add any seasoning liked, onions, parsley, or celery. Sometimes a half cup of water may be added, but only a small amount at a time should be used. Irish potatoes may be cooked around the roast if desired. The pot is kept well closed during the cooking and the seasoning is what makes this kind of roast good.

BARBECUED KID OR MUTTON

Sear the meat on all sides in hot greased vessel. To a 5 ℔. roast add 3 c. water after meat has been well browned. Make a sauce of ½c. vinegar, 1 rounding tbls. lard, 2 t. s. sugar, 1 kitchen spoon Worchestershire sauce, a kitchen spoon of tomato catsup, one sliced lemon, pepper and salt. Pour over meat and cook in moderate oven, basting frequently.

BAKED HAM

Wash a small ham, place on rack in turkey roaster with a little water underneath. Let get hot and skin. Rub over it the following mixture: ½ c. syrup, ½ c. sugar, ½ c. vinegar thickened well with flour and seasoned with cloves and spice. Cook on top of stove until nearly done. Then remove cover and place in oven, basting with syrup mixture until brown and tender.

FRIED SQUIRREL

Clean wash and soak for 3 minutes in clear water. Put on ice till next day. If young and tender rub with salt, flour and fry in hot fat. If the squirrel is old, boil until tender, and then fry as directed.

FRIED CHICKEN

Dress and cut up a young chicken. Sprinkle with salt about half and hour before frying. Roll well in flour and fry in deep fat when smoking hot. Put only a few pieces in at a time so as not to cool the fat too much. Cook over a moderate fire until a light brown, turning frequently so as to brown evenly. Place on a platter in warmer. Pour off all except a very small quantity of the grease from fryer. Smooth a tablespoon of water and a little flour togther in a cup. Fill cup with water and pour into frying pan. Let thicken and pour up in separate dish.

CHICKEN SMOTHERED IN OYSTERS

Split tender young chicken down the back as for boiling. Lay them breast up in the baking pan. Dot with tiny bits of butter and seasoning with salt and pepper, add a little hot water. Cover and cook in a hot oven for about one hour. When nearly done add a half cup of hot cream (or thin cream sauce , and a cup of small oysters for each chicken. Cover and cook until oysters are done.

ROAST TURKEY

Dress, clean, stuff, and truss a 10 ℔. turkey. Place on its side on rack in roaster. Rub entire surface with salt and spread breast, legs and wings with one third cup butter, rubbed till creamy and mixed with ¼ c. flour. Dredge bottom of pan with flour place in a hot oven and when flour on the turkey begins to brown reduce the heat and baste frequently until turkey is cooked which will require about three hours. Baste with the fat in the pan. Pour boiling water in pan during cooking as needed to prevent flour from burning. During cooking turn turkey frequently that it may brown evenly. If browning too fast cover with buttered paper to prevent burning. When done garnish with parsley or celery tips or curled celery and rings of carrots strung on fine wire.

STUFFING FOR FOWL

3 c. stale baker's bread crumbs, 2 c. cold egg bread crumbs, 1/3 c. butter, 2/3 c. stock from roaster, 2 eggs and pepper to taste. Some like onion or minced celery in dressing. Oysters may be added to this dressing and make a delightful dish. This method may be followed in roasting a chicken or duck.

FRIED CALF'S LIVER

Soak liver for 30 minutes in clear water. Have cut in thin slices, dry and roll in flour, and place in very hot frying pan. When done pour off all except about 2 tbls. grease, draw pan to one side of stove, smooth 1 tbls. flour into 1½ c. water and pour into the pan with liver. Let simmer on edge of fire for 30 minutes.

BRAIN CROQUETTES

One set brains boiled. 4 hard boiled eggs, 1 can mushrooms, one half pound lean pork boiled and ground. Mix well. Add salt, pepper, Worchestershire sauce to taste. Roll, dip in egg and then bread crumbs and fry in deep fat.

CHICKEN CROQUETTES

2 c. cold chicken finely chopped,
½ c. nuts,
¾ t. s. salt,
¼ t. s. celery,
1 t. s. onion juice,
1 t. s. finely chopped parsley.

Mix with thick cream sauce so as to be able to roll into croquettes. Dip in egg then in bread crumbs and fry in deep fat.

VEGETABLES

STUFFED CABBAGE

Cut from a large firm cabbage a center about the size of a large tea cup. Stuff with remnants of pork, beef or other meat, finely chopped and seasoned with a little onion, pepper, salt, and celery. Make a lid with the top of portion cut out, tie the whole tightly in a thin cloth bag. Boil in water seasoned with bacon. Serve on broad platter, cut open in quarters.

FRIED EGG PLANT

Boil medium sized egg plant until perfectly done. Mash well and stir into it one egg, one tablespoon butter, one tablespoon flour. Season with salt, pepper, and onion cut fine. Two tablespoons bread crumbs added also helps.

BAKED NAVY BEANS

1 pint beans,
4 slices breakfast bacon,
2 tablespoons bacon grease,
4 tablespoons syrup,
Pepper and salt to taste.

Soak beans over night—wash well, put on in cold water and cook twenty minutes after coming to a boil. Drain, cover with cold water, add syrup, pepper, salt and bacon grease. Lay breakfast bacon across top. Add water as needed. Bake in deep covered pan, in hot oven until tender.

CREAM SAUCE FOR VEGETABLES

4 tablespoons flour,
4 tablespoons butter,
1 teaspoon salt,
2 cups milk,
Pepper to taste.

Melt butter, add flour mixed with salt and pepper. Mix well, pour milk on slowly and cook till thick. This sauce may be used as a dressing for the following vegetables: Carrots, Cauliflower, Cabbage, Asparagus, English Peas, Onions, Celery.

CANDIED SWEET POTATOES

Four or five medium potatoes sliced and boiled until almost done. Boil together for a few minutes one cup sugar, one cup water, one tablespoon butter. When thick pour over potatoes and let cook until syrup candies. One tablespoon vinegar may be added or a little nutmeg.

SWEET POTATO SOUFFLE

Boil six medium size potatoes. Peel and run through ricer; while hot add two tablespoons butter, 2 tablespoons sugar, pinch of salt, 2 tablespoons cream, one well beaten egg, one cup chopped raisins and ½ cup of chopped nuts if desired. Pour into baking dish, cover with marshmallows and brown.

SQUASH

Wash thoroughly, slice thin and put on in cool water. When cooked tender, drain off all water, mash until all lumps are removed. Season with salt, pepper, butter, cream and onions. Cook for few minutes—Serve hot

A pinch of soda added to boiling water in which vegetables are cooked preserves the green color. Salt must be addel to vegetables such as beans, peas, turnip salad, the last half hour of cooking.

BAKED IRISH POTATOES

Boil potatoes in skins, peel, cut into small pieces. Add salt and arrange in a baking dish. Pour over this one pint of cream dressing; sprinkle over bits of pimentoes cut fine (not ground cover with grated cheese and brown.

STEWED ONIONS

Peel onions and cook gently in salted water. As soon as water boils, drain it off and add boiling water. Do this the second time; when tender, drain and season with melted butter, salt and pepper.

BEETS

Wash and boil without cutting, leave on a few inches of the tops. Cook until tender, peel while hot and slice thin, season with salt, pepper and vinegar.

CREAM SPINACH

Wash and pick over spinach. Cover well with water to which has been added salt, one-third teaspoon soda, one teaspoon sugar, cook thirty minutes. Drain, chop fine. Reheat and add three tablespoons butter, one tablespoon flour, one cup cream. Arrange on serving dish and garnish with eggs.

ESCALLOPED TOMATOES

1 can tomatoes,
1 cup grated bread crumbs,
1 egg well beaten,
½ cup sugar,
¼ cup butter,
¼ teaspoon salt.

Stew tomatoes with salt and pepper and set aside to cool. Add one egg well beaten. Butter baking dish, put a layer of bread crumbs in bottom of dish with a little butter and sugar then layer of tomatoes until dish is filled. Arrange so bread crumbs, butter and sugar come on top. Brown and serve hot.

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SALADS AND DRESSINGS

DRESSING FOR CABBAGE SALAD

2 c. white vinegar,
1 c. water,
1 large lemon sliced,
1 c. sugar,
Put these ingredients on to boil.
Mix, 1 level t. s. mustard,
    2 heaping t. s. salt,
    ½ c. flour,
    dash cayenne.

Beat ½ c. sugar with 2 egg yolks, mix with dry ingredients, and add enough water to make a smooth paste, making a cup full. Pour this into the hot vinegar stirring all the time. Put in butter size of an egg Let cook 'till very thick.

Shred the cabbage and pour this dressing over it while hot. Mix well and cool before serving.

LUNCHEON SALAD

1 envelope Knox Gelatine,
1 cup cold water,
1½ cups boiling water,
½ cup lemon juice,
½ cup sugar,
3 tart apples,
1 cup celery, cut in small pieces,
½ cup pecan meats.

Soak gelatine in cold water five minutes, and dissolve in boiling water. Add lemon juice and sugar. When mixture begins to stiffen, add apples, sliced in small pieces, chopped celery, and broken nut meats. Turn into mold, first dipped in cold water, and chill. Accompany with mayonnaise dressing. This mixture may be served in cases made from bright red apples.

PRESSED CHICKEN

1 chicken,
2 c. chicken stock,
½ lemon (juice)
½ pkge. Knox Gelatine,
1 c. chopped celery,
1 c. nut meats,
1 c. peas,
½ can pimentoes, chopped,
½ c. cold water.

Boil chicken until very tender. When cold cut into pieces. Soak gelatine in cold water and dissolve in hot chicken stock. Add lemon juice. When it begins to congeal add other ingredients. Pour into one large mold or individual molds and set on ice to congeal.

CHICKEN SALAD

Boil chicken until tender, when nearly done season with 1 t. s. salt, pinch of white pepper, and juice of ½ lemon. When cold, cut in small pieces and add 1 stalk of celery chopped fine and three hard boiled eggs mashed with fork. Mix with mayonnaise dressing and serve on crisp lettuce.

SHRIMP SALAD

One can shrimp cut rather fine, add equal parts of crisp chopped celery and a little green bell pepper chopped fine. Mix with mayonnaise and garnish with parsley, serve on lettuce.

FROZEN FRUIT SALAD

3 grapefruits,
1 pound almonds,
1 can pineapple,
4 oranges,
1 can white cherries,
1 small bottle red cherries,
1 box marshmallows,
1 pt. whipped cream.

Prepare fruit and mix with 1 cup mayonnaise dressing. Freeze in a vacuum freezer.

FRUIT SALAD

2 c. chopped apples,
2 c. chopped celery,
½ c. puffed raisins,
10 marshmallows cut into fourths,
½ c. chopped nut meats.

Mix with mayonnaise dressing to which 1 cup of whipped cream has been added. Serve on lettuce.

IRISH POTATO SALAD

6 potatoes (medium)
2 eggs,
1 onion (small)
1 c. celery,
½ c. sweet pickle.

Boil potatoes—peel and cut into small pieces. Add hard boiled eggs, onion, celery, and pickle chopped fine. Blend with mayonnaise or cooked dressing and serve on lettuce and garnish with small strips of pimentoes.

CONGEALED VEGETABLE SALAD

1 can English peas,
1 can Asparagus,
1 pkge. Knox Gelatine,
1 stalk celery or 1 t. s. celery seed,
salt to taste,
4 tbls. vinegar.

Use all the liquor from cans dissolving gelatine in a small portion of it. Mix all, put on ice and serve on lettuce with mayonnaise. A fruit salad may be made in the same way using any combination of fruits desired.

BEET SALAD

One package Knox Gelatine soaked in ½ cup water. Add 1 cup boiling water, ¼ cup vinegar, 2 tablespoons sugar, ½ t. s. salt, 1 cup finely cut beets and 1 cup chopped celery. Mix all and put on ice to congeal. Serve with mayonnaise or French dressing.

TOMATO—CHEESE SALAD

3 medium sized firm tomatoes,
2 c. cream cheese,
3 tbls. chopped stuffed olives,
3 tbls. evaporated milk or cream,
1 t. s. Knox Gelatine,
1 tbls. cold water,
½ t. s. salt.

Scald tomatoes, peel and chill. Cut slice from top of each. Scoop out soft pulp, leaving a shell about ¼ inch thick. Soak gelatine in cold water for 5 minutes, then dissolve over hot water and add to the cheese with milk, seasonings and olives. Pack into tomatoes, chill and then slice and serve on lettuce with French dressing.

PIMENTO SALAD

1 can pimento peppers,
1 bunch celery (may be omitted)
1 c. nut meats,
½ c. sugar,
½ c. vinegar,
1 t. s. salt,
2 tbls. Knox Gelatine dissolved in ½ c. cold water,
juice of one lemon,
1 c. boiling water.

Chop pimentoes, celery and nuts together. Then add sugar, vinegar, lemon juice, and salt. Soak gelatine in cold water and when cool pour into other mixture and put in molds. Serve on lettuce with mayonnaise.

TOMATO ASPIC

2 cans tomatoes,
1 slice onion,
1 t. s. salt,
⅛ t. s. cayenne
few celery tops.

Boil ten minutes, strain—add 1 envelope Knox Gelatine, soaked ½ hour in ½ cup cold water and then dissolved in some of the hot tomato juice. Add juice of ½ lemon. Place on ice until congealed and serve with mayonnaise. This may be made attractive by using fancy shaped molds.

FROZEN TOMATO SALAD

1 can tomatoes,
1 t. s. salt,
1 small onion,
½ c. celery,
1 t. s. Worchestershire sauce,
½ t. s. paprika.

Chop celery and onion, put on fire with tomatoes. Cook until soft and mash through sieve. There should be one cup of thick puree. Add salt paprika and when cold fold in one cup whipped cream. Put in mold and pack in salt and ice for three hours. Serve on lettuce.

PERFECTION SALAD

1 envelope Knox gelatine,
½ c. cold water,
½ c. mild vinegar,
2 tbls. lemon juice,
2 c. boiling water,
½ c. sugar,
1 t. s. salt,
1 c. cabbage finely shredded,
2 c. celery, cut in small pieces or ¼ c. sweet, red or green peppers.
2 pimentoes cut in small pieces.

Soak gelatine in cold water five minutes. Add vinegar, lemon juice, boiling water, sugar, and salt. Strain and when mixture begins to stiffen, add remaining ingredients. Turn into mold, first dipped in cold water, and chill. Remove to bed of lettuce or endive. Garnish with mayonnaise dressing, or cut in cubes, and serve in cases made of red or green peppers, or turn into molds lined with canned pimentos.

A delicious accompaniment to cold sliced chicken or veal.

MAYONNAISE

1 c. Wesson oil,
1 egg yolk,
2 tbls. lemon juice.
pinch of mustard,
salt and pepper to taste.

Beat egg yolk and add mustard, pepper and salt and ½ t. s. lemon juice. While stirring constantly add drop by drop, 3 t. s. oil. Then add oil in a fine steady stream, continuing the beating and thinning occasionally with lemon juice until all the oil and lemon juice are used.

COOKED MAYONNAISE

Three eggs beaten smoothly with 3 level tabls. sugar. Butter size of an egg and 3 tbls. flour mixed over fire. Mix a cup sweet milk with a pinch of soda in it with 1 cup vinegar, ½ t. s. mustard and salt to taste. Stir slowly into the butter and flour mixture. Place over fire and cook slowly stirring constantly until the consistency of thick cream. Serve on salads.

Whipped cream and marshmallows may be added to this if desired.

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BREADS

WAFFLES

2 eggs,
2 c. sweet milk,
2 scant c. flour,
2 t. s. Royal Baking Powder,
2 t. s. sugar,
2 tbls. melted butter,
1 scant t. s. salt.

Beat eggs until very light and add milk. Mix dry ingredients and sift gradually into egg mixture. Beat well and then add melted butter. Cook in well greased hot waffle irons.

WAFFLES—A SPLENDID RECIPE

4 level t. s. Royal Baking Powder,
2 level c. flour,
½ level t. s. salt,
2 eggs separated,
1½ c. sweet milk,
4 tbls. melted butter.

Mix flour with baking powder and salt and sift into bowl. Beat yolks of eggs, add butter and milk. Add this mixture gradually to dry ingredients, beat thoroughly. When well mixed fold in the stiffly beaten whites of eggs Pour from a pitcher into center of hot waffle iron, being careful not to fill too full. Serve with melted butter and maple syrup.

WAFFLES

1 c. flour,
1 egg,
1 t. s. Royal Baking Powder,
1 c. sweet milk.
1 t. s. meal,
½ t. s. salt,
½ t. s. sugar,
1 t. s. butter.

Mix well. Cook in very hot waffle irons and serve at once.

WAFFLES—SOUR MILK

1½ c. flour,
½ t. s. Royal Baking Powder,
¾ t. s. soda,
½ t. s. salt,
3 tbls. sugar,
3 eggs,
½ c. sour milk,
2 tbls. melted butter.

Sift together flour, baking powder, salt and sugar. Add yolks of 3 eggs beaten until thick and lemon-colored, milk and melted butter. Fold in egg whites beaten until stiff and dry.

CORN MEAL GRIDDLE CAKES

1½ c. flour,
½ c. corn meal,
4 t. s. Royal Baking Powder,
1 t. s. salt,
1 egg,
1½ c. milk

Mix dry ingredients and sift 2 or 3 times. Add slowly, egg well beaten and mixed with milk. Beat thoroughly with an egg beater. Drop from tip of spoon on clean hot griddle. Cook on one side until puffed and full of bubbles. Turn and cook on other side. Serve immediately.

RICE GRIDDLE CAKE

2 c. flour,
4 t. s. Royal Baking Powder,
1 t. s. salt,
1 egg,
1½ c. milk,
½ c. cooked rice.

Mix dry ingredients and sift two or three times. Add slowly egg well beaten and the rice mixed well with milk. Beat thoroughly with an egg beater. Drop from tip of spoon on clean hot grittle. Cook on one side until puffed and full of bubbles, turn and cook on the other side. Serve immediately.

BUCKWHEAT CAKES

1½ c. buckwheat flour,
½ c. white flour,
4 t. s. Royal Baking Powder,
1 t. s. salt,
1 egg,
1½ c. milk

Mix dry ingredients and sift two or three times. Add slowly egg well beaten and mixed with milk. Beat thoroughly with egg beater. Drop from tip of spoon upon clean hot griddle. Cook on one side until puffed and full of bubbles, turn and cook on other side. Serve immediately.

BUTTERMILK BISCUIT

½ c. moderately sour milk requires 1 level quarter t. s. soda. Use 1 heaping tbls. of Crisco. This and the ½ c. milk will work up 1 heaping cup flour. Mix flour, soda, ½ t. s. salt and 1 t. s. Royal Baking Powder. Then work Crisco lightly into the flour with a spoon. Work in the milk, kneading as little as possible, to mix. Roll out ½ in. thick. Roll lightly. Bake in quick oven. This makes about 10 biscuits. If milk is very sour the quarter t. s. should be heaped with soda.

SOUR MILK BISCUIT

2 c. flour,
¾ t. s. soda,
½ t. s. salt,
1 tbls. lard,
sour milk.

Mix and sift the dry indredients; rub in the lard, stir in with a knife enough sour milk to make a very soft dough. Roll ½ in. thick; cut in small rounds and bake in a quick oven about 20 minutes.

BAKING POWDER BISCUIT

2 c. flour,
4 t. s. Royal Baking Powder,
½ t. s. salt,
2 tbls. shortening,
¾ c. milk.

Mix and sift dry ingredients. Rub in shortening. Stir in with a knife enough milk to make a soft dough. Roll ½ in. thick. Cut into biscuits and lay them, not touching each other, on a baking pan. Bake in a quick oven 12 or 14 minutes.

SOUTHERN BEATEN BISCUIT

1 qt. flour,
¾ c. sweet milk or water (with some makes of flour more liquid is required)
½ c. lard or butter.

Work shortening into the flour first to insure whiteness in the biscuit, then sprinkle 1 scant t. s. salt in the mixture, mix a stiff dough and place on a mixing board. Beat with a rolling pin until "limber", as the black mammies would say, or from 20 to 30 minutes. Roll about half an inch thick, cut with a small biscuit cutter and prick the tops with a fork. Bake for thirty minutes in a slow oven. If preferred, the dough may be put 3 or 4 times thru the food chopper instead of being beaten.

MOUNTAIN MUFFINS

1/3 c. butter,
¼ c. sugar,
¼ t. s. salt,
1 egg,
¾ c. sweet milk,
2 c. flour,
3 level t. s. Royal Baking Powder,
Bake in muffin rings.

FLOUR MUFFINS WITHOUT EGGS

1 tbls. lard cut into 1 c. of flour with knife,
1 t. s. salt,
1 c. sour milk,
½ t. s. soda
1 heaping t. s. Royal Baking Powder,
Beat well and bake in moderate oven 15 minutes.

NUT BREAD

3 c. flour,
3 t. s. Royal Baking Powder,
½ t. s. salt.
1/3 c. sugar,
1 c. pecans (ground)
1 egg,
¾ c. milk.

Mix dry ingredients and nuts. Then add egg and milk. Let stand 20 minutes and bake.

FLOUR MUFFINS

2 eggs,
1 c. sweet milk,
2 full c. flour
½ c. melted butter,
2 t. s. Royal Baking Powder.

Beat eggs with beater, pour in milk, then melted butter, then baking powder sifted with flour. Bake in a hot oven in muffin rings.

GRAHAM MUFFINS

½pt. Graham flour unsifted,
1 egg,
½ t. s. soda (scant)
1 tbls. shortening,
1 t. s. salt,

Mix dry ingredients, add the egg and enough sour milk to make a very stiff batter. Melt shortening and add to the batter. Just before putting into the muffin rings mix into batter ½ t. s. Royal Baking Powder. This recipe will make 6 large muffins.

CORN MEAL MUFFINS

1 c. white flour,
½ c. corn meal,
1 tbls. sugar,
½ t. s. salt,
¾ t. s. soda,
1 egg,
1 c. sour milk,
1 tbls. melted butter.

Mix the dry ingredients, add the egg beaten into the milk and the melted butter. Beat thoroughly and bake in well greased tins.

SPOON BREAD

2 c. buttermilk,
2 c. corn meal, or 1 c. meal and 1 c. cold boiled rice.
1 egg,
1 t. s. soda,
½ t. s. salt,
1 heaping tbls. melted shortening,
1 tbls. molasses.

Pour over the meal enough boiling water to scald well before mixing with other ingredients. Bake in hot greased pan, and serve with plenty of butter.

SPOON BREAD

1 c. buttermilk,
½ t. s. soda,
½ c. sweet milk,
2 eggs,
4 tbls. meal,
Pinch of salt.

Beat eggs separately. Bake until firm, serve while hot with butter.

TEA ROLLS

1 scant pt. flour,
1 tbls. each of butter and lard,
2 t. s. Royal Baking Powder,
¼ c. sugar,
Pinch of salt.

Mix ingredients and work with ice cold sweet milk or water. Roll ½ in. thick. Cut with biscuit cutter, spread melted butter in each and fold. Let stand 30 minutes and bake in quick oven.

BOSTON BROWN BREAD

2 c. Graham flour,
1 c. corn meal,
    (If Graham flour cannot be obtained, use 1½ c. white flour and 1½ c. corn meal.)
1¾ c. buttermilk,
1 c. sorghum or syrup,
1 c. raisins,
2 t. s. soda,
1 t. s. salt.

Dissolve the soda in the milk, mix and sift the dry ingredients. Add the sour milk and syrup, add raisins well floured. Pour into greased mold and steam 2 or 3 hours. Brown in slow oven ½ hour.

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CAKES

CUP CAKE

¾ c. butter,
1½ c. sugar
¾ c. milk
4 eggs
3 c. flour
3 t. s. Royal Baking Powder.

Cream butter, add sugar and cream thoroughly. Add eggs unbeaten, milk and flour well sifted, add baking powder and flavoring. Bake in layers.

MARBLE CAKE

Marble cake may be made by the Cup Cake recipe. Take 1/3 of the butter out and add 1 square of unsweetened chocolate melted and thinned with a little hot water. Into the baking pan pour the yellow mixture to the depth of 1 in. Drop into this in several places a spoonful of the dark mixture giving it a light stir with the tip of a spoon and spreading it in broken circles around the yellow mixture. Proceed until the batter is used. Bake in a moderate oven.

ONE EGG CAKE

1 c. sugar
¼ c. butter
1 egg
1 2/3 c. flour
½ c. milk
1 t. s. flavoring
3 level t. s. Royal Baking Powder.

Beat butter and sugar until it creams. Add egg beaten very light, then milk and flavoring. Sift flour and baking powder together and add to the mixture. Bake in a slow oven.

SPONGE CAKE

yolks 6 eggs,
1 c. sugar
1 tbls. lemon juice
Grated rind of ½ lemon,
whites 6 eggs,
1 c. flour
¼ t. s. salt
1 t. s. Royal Baking Powder.

Beat yolks until thick and lemon colored. Add sugar gradually and continue beating, using egg beater. Add lemon juice and rind; whites of eggs beaten until stiff and dry. When whites are partially mixed with yolks remove beater and carefully fold in flour, mixed and sifted with salt and baking powder. Bake in ungreased tin in a very slow oven. When done invert pan on two supports and let cake hang in pan until cool.

MARIGOLD CAKE

2/3 c. butter
2 scant c. sugar
5 egg yolks
1 whole egg
1 c. milk or water
3 c. flour
1 t. s. extract
3 t. s. Royal Baking Powder

Cream butter, add sugar and cream thoroughly. Add the egg and egg yolks, milk and flour sifted several times. Add baking powder and flavoring. Bake as loaf or layer cake.

LILY CAKE

2/3 c. butter
2 scant c. sugar
5 large egg whites
1 c. milk or water
3½ c. flour
1 t. s. extract
3½ level t. s. Royal Baking Powder

Cream butter and add sugar, cream thoroughly. Add milk and flour well sifted. Add extract and baking powder. Beat the whites to a stiff froth and lightly fold into the mixture. Bake as loaf or layer cake.

WHITE CAKE WITH CHOCOLATE FILLING

Cream 1 scant c. butter, add 2 c. sifted sugar and cream well. Gradually add 1 c. sweet milk and 3 c. flour sifted several times. Add 2 t. s. Royal Baking Powder and the whites of 5 eggs beaten stiffly. Bake in layers and use chocolate filling.

LANE CAKE

Whites of 8 eggs
1 c. butter and Crisco mixed or 1 c. of either, used separately
2 c. sugar
¾ c. sweet milk or water
3½ c. flour
3 t. s. Royal Baking Powder
1 t. s. vanilla

Cream butter, add 1 scant c sugar and cream well. Gradually add milk and flour well sifted, baking powder and vanilla. Add 1 scant c. sugar to the egg whites and let stand a few minutes. Then beat to a stiff froth and lightly fold into the mixture. Bake in layers and use Lane Cake filling. Use milk with butter or water with Crisco in this cake.

ANGEL FOOD CAKE

Beat the whites of 11 eggs until half whipped. Add 1 heaping t. s. cream tartar well sifted, then beat until very stiff. Add 1½ c. sugar after sifting it thoroughly, beat lightly until smooth. Sift 1 c. flour 5 times then heat until luke warm, then fold in. Flavor with ½ t. s. almond extract. Bake in a Turk's head pan without greasing. Cook in a medium hot oven and do not open the door for 15 minutes. Then turn the cake around and bake for 45 minutes. When done invert the pan and let it stand until cake drops out.

COCOANUT CAKE

8 egg whites
1 c. butter
2 c. sugar
4 c. flour
1 c. sweet milk
2 c. grated cocoanut
1 t. s. of soda
2 t. s. Cream of Tartar

Make as white cake. Put in cocoanut just before whites of eggs.

ANGEL FOOD

1 c. flour (measured after sifting).
1¼ c. sugar lb
1¼ c. whites of eggs
1/3 t. s. salt
1 level t. s. cream tartar
1 t. s. vanilla extract

Add salt to eggs and beat until foamy, add cream of tartar and beat until stiff. Sift sugar 5 times, add all sugar and beat thoroughly. Then sift flour 5 times, fold flour in little at a time and last add the vanilla. Put in an ungreased pan. Have oven hot when cake is put in, then turn flame very low and bake 45 minutes to one hour.

YELLOW ANGEL FOOD

1½ c. sugar, ¾ c. water boiled together until it threads. Beat the whites of 6 eggs stiff and pour the syrup over them. Beat until cool then add well beaten yolks. Fold in 1 c. pastry flour after sifting 4 or 5 times, (before sifting the flour add ½ t. s. cream of tartar). Add 2 t. s. of vanilla, bake slowly 45 or 50 minutes.

DEVIL'S FOOD CAKE

Cream 1 c. butter, add 2 c. sifted sugar and cream well. Add 4 eggs, one at a time without previously beating. Dissolve ½ c. cocoa in 1 c. sweet milk and add to the mixture. Add 2 heaping cups flour sifted several times. Add 2½ t. s. Royal Baking Powder and ½ t. s. vanilla. Bake in layers and put together with plain white icing.

"MADE IN A MINUTE" CHOCOLATE CAKE

3 tbls. butter
1 c. sugar
2 eggs
½ c. milk
2 squares chocolate
1 c. flour
2 t. s. Royal Baking Powder
1 t. s. vanilla extract

Place butter, cocoa and sugar in a bowl and set over hot water until they are melted. Add the milk, flour sifted with the baking powder and salt, the vanilla, and the eggs unbeaten. Do not stir the mixture until the ingredients have been added, then beat hard for five or seven minutes. Bake in a square tin and cover with chocolate or white icing.

Knox Gelatine is economical, one package makes four pints jelly

DATE CAKE

1 c. sugar
1 c. flour
3 t. s. Royal Baking Powder
1 t. s. vanilla
4 eggs
1 qt. pecans
3½ or 4 boxes dates

Cream sugar and eggs. Add flour and baking powder sifted together. Stone, chop and flour dates, add nuts and flavoring and beat thoroughly. Turn into well greased pan and steam five hours. Afterwards bake very slowly for on hour to slightly dry the cake.

SPICE CAKE

¾ c. butter
1¾ c. sugar
4 eggs (leaving out 2 whites)
1 c. buttermilk
1 t. s. soda
2 t. s. cinnamon
1 t. s. cloves
3 c. flour (sifted before measuring)
1 t. s. vanilla
3 t. s. Royal Baking Powder

Cream butter and sugar thoroughly, then add eggs unbeaten. Mix the soda and buttermilk and add to the mixture. Fold in the flour, cinnamon, cloves, Royal Baking Powder and vanilla. Bake in layers and put together with plain white icing or bake in muffin rings.

MINCE MEAT CAKE

1 c. sugar
½ c. butter or Crisco
¾ c. black coffee
1 c. chopped nuts
1 c. condensed mince meat
3 c. flour
2 eggs
2 t. s. Royal Baking Powder

Cream sugar and shortening. Roll nuts and mince meat in half of the flour. Mix eggs with butter and sugar without previously beating them. Add to this mixture alternately the coffee and remaining flour then the floured nuts and mincemeat. Bake in a loaf.

BLACKBERRY JAM CAKE

½ c. butter
1 scant cup sugar
3 eggs
2 c. flour
1 c. thick blackberry jam
2 t. s. cinnamon
1 t. s. cloves
½ t. s. spice
⅛ t. s. soda
3 tbls. buttermilk
2 t. s. Royal Baking Powder

Cream butter, add the sugar and cream well. Add the eggs unbeaten. Add jam, cinnamon, cloves, and spice. Mix the soda and buttermilk and add to the mixture. Fold in the flour and baking powder. Bake in layers and put together with white icing.

SYRUP CAKE

3 c. dried apples chipped fine. Soak over night in enough water to cover. Add 3 c. syrup to the apples and boil 1 hour. Add 1 c. raisins and let boil a few minutes. Remove from the fire and cool. Cream 1 c. of butter and add to this 3 eggs, 3 c. sifted flour, 1 t. s. soda, apple mixture, 1 c. nuts (more if desired) and allspice. Bake in a slow oven.

WHITE FRUIT CAKE

½ ℔. butter
½ t. s. salt
1 c. grated cocoanut
2 c. nut meats
½ ℔. citron
½ ℔. candied pineapple
½ ℔. candied cherries whole
1½ c. milk or water
6 egg whites
3 c. flour
3 t. s. Royal Baking Powder
2 c. sugar
¼ ℔. candied orange peel

Beat the butter and sugar to a cream; add the cocoanut, nut meats, citron, candied pineapple, cherries and orange peel cut small. Then add the milk or water. Beat the whites of the eggs to a stiff froth and add with flour salt and baking powder sifted together, folding them in as gently as possible. Bake in loaf cake pans in a steady oven about 1½ hours.

FRUIT CAKE

1 c. butter
2 c. sugar
1 c. molasses
6 eggs
5 c. flour
1 c. sweet milk
2½ t. s. cream tartar
1 t. s. soda
1 small tbls. each spice, cloves, cinnamon and nutmeg
2 ℔. raisins
1 ℔. currants
½℔. citron
1 c. black sweetened coffee
2 c. pecans
1 ℔. crystallized pineapple
1 ℔. crystallized cherries.

Cream butter and sugar thoroughly and add the molasses. Beat the whole eggs into this mixture and then add the spices, cream tartar and soda. Cut the citron in strips and together with the raisins and currants roll thoroughly in flour. Before adding fruit sift the 5 c. flour and add to the mixture alternately with the milk. Stir in the fruit. This will make 2 nice size fruit cakes.

GINGER SNAPS

1 c. sugar
1 c. molasses
1 c. butter or lard
2 eggs
4 t. s. ginger
1½ t. s. soda
Flour to make a stiff dough.

Cream, butter and sugar. Add molasses in which soda has been dissolved. Beat in eggs and ginger, make a stiff dough, roll thin, place in a well greased pan. Bake in a moderate oven.

DOUGHNUTS

1 egg
¼ c. milk
1 scant c. sugar
1 tbls. butter
2 heaping t. s. Royal Baking Powder
A little spice, flour enough to make stiff dough.

Beat the egg, add sugar, milk, melted butter, baking powder, and spice. Add enough flour to make a stiff dough. Roll out ¼ in. thick, cut with a doughnut cutter and fry in deep boiling fat. Care should be taken to keep the fat at the same temperature. Too many doughnuts put in at one time tends to cool the fat.

VANILLA WAFERS

1 c. butter
1 scant c. sugar
4½ c. sifted flour
½ c. milk
4 t. s. Royal Baking Powder
3 eggs
2 t. s. vanilla

Cream the butter, add sugar and well beaten yolks of eggs. Mix and sift dry ingredients, and add to first mixture. Fold in well beaten whites. Drop with teaspoon and bake in a quick oven.

TEA CAKES

1 egg
1 heaping tbls. butter
1 kitchen spoon fresh buttermilk
¼ t. s. soda
1 c. sugar

Use as little flour as will take to make a smooth dough. Roll very thin. Fork and sprinkle a little sugar on each cake before baking.

FRENCH TEA CAKES

1 ℔. flour
1 ℔. sugar
3 eggs
1 level t. s. soda in flour
1 t. s. vanilla

Brush over with beaten white of an egg and sprinkle with cinnamon, sugar, raisins or peanuts.

HERMITS

1/3 c. butter
2/3 c. sugar
1 egg
2 tbls. milk
1¾ c. flour
2 t. s. Royal Baking Powder
½ c. raisins (stoned and cut in small pieces)
½ t. s. cinnamon
¼ t. s. cloves
¼ t. s. mace
¼ t. s. nutmeg
1 c. nuts

Cream the butter, add sugar gradually, then raisins, egg well beaten and milk. Mix and sift dry ingredients and add to first mixture. Add the nuts. Drop on greased tin and bake quickly.

PEANUT COOKIES

5 tbls. shortening
4 eggs
1 c. sugar
2 c. flour
2 c. ground peanuts
8 tbls. milk
¾ t. s. salt
5 t. s. Royal Baking Powder
Few drops of lemon juice.

OATMEAL COOKIES

½ c. corn syrup
3 heaping tbls. shortening
¼ c. sugar
6 tbls. milk or water
1 c. Graham flour
2 c. rolled oats(put thru food chopper)
½ c. raisins
½ t. s. cloves
½ t. s. cinnamon
½ t. s. salt
2 scant t. s. Royal Baking Powder
1 egg

Cream the butter and sugar. Add syrup, milk and dry ingredients. Add the chopped raisins. Bake in muffin tins.

DATE AND NUT CAKES

1/3 c. butter
1 c. sugar
4 eggs (yolks)
½ c. flour
2 t. s. Royal Baking Powder
½ t. s. salt
1 c. pecans
1½ c. dates
4 egg whites

Cream butter and sugar. Mix dry ingredients—sift and mix; flour, dates and add dates and nuts. Bake in gem pans in moderately hot oven.

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THE NATION'S MILK

ICINGS AND FILLINGS

BOILED ICING

1 c. sugar
½ c. water
Whites 2 eggs
1 t. s. vanilla or ½ tbls. lemon juice

Put sugar and water in sauce pan, and stir to prevent sugar from adhering to sauce pan. Heat gradually to boiling point, and boil without stirring until syrup will thread. Pour syrup gradually on beaten egg whites, beating mixture constantly. Add flavoring and when of right consistency spread over cake.

RELIABLE FROSTING

Place the white of an egg, a cupful of sugar, and 4 tbls. cold water in a double boiler over a slow fire, and beat until it stiffens enough to hold shape. Then add a pinch of salt, and beat until thick enough to spread. Add 1 t. s. vanilla or other flavoring. Chocolate may be made by melting 1½ squares of unsweetened chocolate and pouring into the mixture when it has thickened. Then cook until thick and spread.

LEMON CHEESE FILLING

2 lemons (juice)
1 c. sugar
½ c. fresh butter
3 eggs (yolks)

Cream together and cook in double boiler until mixture is thick. Put between layers of white cake.

COCOANUT ICING

Make a plain boiled icing. Flavor with vanilla. Put between layers of cake, sprinkling each layer generously with shredded or grated cocoanut. Ice top and sides of cake and cover with cocoanut.

CHOCOLATE FILLING

Beat well the yolks of 5 eggs with 2 full cups of sugar and butter the size of a small egg. Dissolve ¼ block of Baker's chocolate in ½ c. warm sweet milk and add to the mixture. Boil 7 or 8 minutes; cool a little and beat well before spreading. A pinch of salt and 1 t. s. vanilla adds to the flavor.

ORANGE FILLING

2 scant cups sugar, rind and juice of one orange. Put into a saucepan with ¼ c. water. Cook until spins thread; pour over whites of 2 eggs beaten stiff. Cool and put between layers of cake.

CREAM FILLING FOR CAKE

1 pt. new milk
2 eggs
3 tbls. sifter flour
1 c. sugar

Put 2/3 of milk on stove to boil. Stir sugar, flour and eggs into what is left. When the milk boils put into it the whole and cook thick as custard. When cool add vanilla extract and stir in ½ c. raisins, ½ c. nuts finely chopped.

FRUIT FILLING FOR CAKE

Yolks of 8 eggs
1½ c. sugar
2 c. chopped raisins
1 c. nuts
1 t. s. allspice
½ c. water
1 t. s. cinnamon
1 t. s. vanilla flavoring
1 c. butter

Add 2 tbls. chocolate, mix, cook in double boiler. Boil until it begins to thicken. Take of stove, beat and spread between layers.

CREAM PINEAPPLE FILLING

2 c. sugar
1 c. milk
1 heaping tbls. butter
1 t. s. vanilla
1 can grated pineapple

Mix first three ingredients and boil 4 or 5 minutes stirring constantly. Add vanilla and beat until creamy. Cover each layer with cream and over them spread grated pineapple from which all juice has been drained. Omit pineapple from top and sides of cake.

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CHOCOLATE FILLING

2½ c. sugar
½ c. cocoa
¾ c. milk
2 tbls. Karo Corn Syrup
½ c. butter
Pinch of salt

Mix the sugar and cocoa together, add the milk and corn syrup and boil about 8 minutes. Add the butter just before taking up. Cool and beat until creamy. Add pinch of salt. Spread between the layers of any good layer cake.

MINCE MEAT FILLING

Make a plain icing and while it is hot stir in to it ¾ package of dry mince meat and spread while warm.

CREAM FRUIT FILLING

2 heaping c. sugar
¾ c. rich milk
½ c. butter
1 c. chopped crystallized pineapple
1 c. crystallized cherries
1 c. chopped pecans
1 c. seeded raisins

Mix sugar, milk and butter together and let boil about 8 minutes. Cool and beat to a cream, then add fruit and nuts. Now have any good white or cup cake baked in a sheet and spread this mixture on it. Serve cut in squares.

FILLING FOR LAYER CAKE

Cover 2 tbls. gelatine with cold water and set over steam of tea kettle to dissolve. Boil 2 c. sugar with 8 tbls. water until it will thread. Pour this over the melted gelatine, then add a teaspoon vanilla and beat until thick. Then stir in 4 tbls. of chopped pineapple, 4 tbls. chopped nuts.

LEMON FILLING

1 c. sugar
2½ tbls. flour
Grated rind of 2 lemons
¼ c. lemon juice
1 egg
1 t. s. butter

Mix sugar and flour, add grated rind, lemon juice and egg slightly beaten. Put butter in sauce pan. When melted add mixture and stir constantly until boiling point is reached Care must be taken that mixture does not adhere to bottom of sauce pan. Cool before spreading.

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PIES AND PASTRY

HINTS IN PASTRY MAKING

Do not mix fat too thoroughly with flour. The coarser the mixture the flakier will be the crust. Add only enough water to hold the dry ingredients together, for rolling. Excess water causes crust to be tough.

If crust is to be baked before adding filling, prick it with a fork to prevent "bubbles" forming.

To prevent soaking of lower crust the surface may be sprinkled with flour, or brushed with egg white before adding the filling.

FLAKY PASTRY

1 c. Crisco
3 c. flour
1 t. s. salt
Water.

Cut Crisco into flour rather coursely. Divide mixture into 2 parts. To half, add enough water to make stiff paste. Roll to ¼ in. thickness. In center spread other half of Crisco-flour mixture. Fold over edges to meet in center. Roll gently to ½ in. thickness. Repeat this several times. Chill before using.

PLAIN PASTRY

1/3 c. Crisco or other shortening
1½ c. flour
½ t. s. salt
Water.

Sift salt with flour. With knife stir in gradually just enough water to hold dry ingredients together. Roll gently until very thin and line plates. This will make 2 crusts.

MERINGUE

Whip whites of 2 fresh eggs. When frothy begin to add sugar very gradually, 2 tbl. spoons to each egg. Beat till very stiff, adding at the last ¼ t. s. Royal Baking Powder. Brown in slow oven. 2 tbl. spoons water may be added before whipping to make more. Remember egg whites will not whip unless the beater and the bowl are absolutely clean, dry and as cold as possible.

CHOCOLATE PIE

4 eggs
1 c. sugar (scant)
1 c. milk
Butter size of egg
2 tbl. spoons cocoa
2 tbl. spoons flour
Keep out 2 whites for meringue

ANGEL LEMON PIE

Yolks of 3 eggs
1 lemon
Whites of 3 eggs
1 c. sugar
⅛ t. s. salt.

Mix lemon rind and juice, ½ c. sugar, salt, and egg yolks in double boiler. Cook until thick. When this mixture is cool fold into it a meringue made of the egg whites and ½ c. of sugar. Pour into a crust already baked and cook till puffed and brown.

LEMON PIES

5 egg yolks
2 c. sugar
2 tbl. spoons flour
1 tbls. butter
2 c. sweet milk
Grated rind and juice of 1 lemon.

Cook all in double boiler until well thickened. Use whites of 5 eggs with 6 heaping t. s. sugar for meringue. This makes 2 pies. Bake crusts before putting in the filling.

PUMPKIN PIE

4 eggs
2 c. stewed pumpkin
1 c. sugar
½ c. sweet milk thickened with 1 tbls. flour
Butter size of an egg
1 t. s. cinnamon
½ t. s. ginger.

Put in pan lined with pastry and bake in a moderate oven.

RAISIN PIE

1 c. of seeded raisins.
½ c. sugar

Boil raisins in 1 c. water, add 1 tbls. flour, 1 egg, a little salt, and all-spice, remove from fire. Add a little butter if desired. Bake 2 crusts.

SWEET POTATO PIE

2 c. mashed potatoes
1 c. butter
1 c. sugar
1 c. milk
3 eggs

Mash potatoes while warm, add butter, beat well, then add eggs and sugar beaten together until light, and lastly milk. Flavor with nutmeg. Bake with bottom crust.

COCOANUT PIE

1 c. sugar
1 c. milk
1½ c. cocoanut
3 tbls. butter
3 eggs
½ t. s. flavoring

Cream butter add sugar, eggs, milk, cocoanut and flavoring. Put in a pan lined with pastry and bake in a moderate oven. This makes 1 pie.

CREAM PIE

3 eggs
2½ c. sugar
1 c. milk
¾ c. butter
3 tbls. flour
Nutmeg or vanilla flavoring

Cream butter and sugar, then add eggs one at a time. Then the milk in which the flour has been dissolved. Line pan with pastry, put in filling and bake.

RAISIN PIE

Grate yellow from 1 lemon. Discard all the white of rind and seeds. Chop remainder of lemon and 2 c. seeded raisins together. Add a pinch of salt, piece of butter size of walnut, ½ c. molasses, 1 c. brown sugar, and 2 c. water. Boil all together 5 or 10 minutes; thicken with several tbls. flour. Bake with 2 crusts or with strips across top.

MOLASSES PIE

1 c. sugar
2 c. syrup
5 eggs
Butter size of an egg
1 tbls. corn starch

Beat eggs thoroughly, add sugar, then syrup, then butter which should be melted. Bake slowly in 2 deep pie plates lined with pastry. The addition of ½ c. pecans will improve this.

COCOANUT CUSTARD

3 eggs
1½ c. sugar
2 tbls. butter
2 tbls. flour or corn starch,
1½ c. sweet milk
1 c. grated cocoanut
1 t. s. vanilla

Mix flour (or starch) with sugar and add to the well beaten eggs. Add the melted butter and stir. Then add the sweet milk then stir in the cocoanut and teaspoon vanilla. This makes 2 custards.

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DESSERTS

SCALLOPED APPLES

2. c. chopped apples
2 c. buttered bread crumbs
¾ c. brown sugar
¼ t. s. nutmeg
¼ t. s. ground cinnamon
½ lemon
¼ c. water

Pare and chop apples. Mix sugar spices and grated lemon rind. Put in a buttered baking dish, first the crumbs, then a layer of apples, then the spice mixture. Repeat until dish is full. Add lemon juice and water before the top covering of crumbs. Cover and bake one hour or until apples are soft. Then uncover and brown. Serve with or without sauce.

DANISH APPLE CAKE

Stew 6 medium sized apples with 1½ c. water, ¾ c sugar and 1 t. s. vanilla. Stew until tender and dry. Whip and sweeten one pint of cream. Use 1½ c. grapenuts, shape like a cake, using apples, grape nuts and cream in layers and ice with whipped cream. Let stand several hours unsliced.

CHOCOLATE PLUM PUDDING

1 envelope Knox Sparkling Gelatine
1 c. cold water
1 pt. milk
1 c. sugar
1½ squares chocolate
½ t. s. vanilla
1 c. seeded raisins
¾ c. dates
½ c. nuts
½ c. currants
3 egg whites
salt

Soften gelatine in cold water 10 minutes. Melt chocolate with part of the sugar. Add a little milk making a smooth paste. Put milk in double boiler, when hot add melted chocolate, sugar, salt and soaked gelatine. Remove from fire. When mixture begins to thicken add vanilla, fruit and nut meats chopped, and lastly folding in beaten egg whites. Turn into wet mold decorated with whole nut meats and raisins. Chill, remove to serving dish and garnish with holly. Serve with whipped cream, sweetened and flavored with vanilla, or with a currant jelly sauce.

FRUIT ROLL

4 medium sized apples or other fruit
1½ c. sugar
2 :c. water

Peel, core and chop apples. While sugar and apples are cooking make a rich biscuit dough. Roll out ½ in. thick, spread with fruit and make into a long roll. Cut pieces 2 in. long. Place in the hot syrup; sprinkle with sugar and cinnamon and put small lump of butter on each piece. Bake until brown and serve with plain or whipped cream.

MARSHMALLOW PUDDING

Whites of 6 eggs. 2 tbls. Knox Gelatine soaked in ½ c. cold water, then dissolve in ½ c. hot water. Beat the whites until light then add very gradually 2 cups of sugar, beating until very stiff. Now add gelatine and beat a few minutes. Put in layers in a deep pan with nuts of raisins sprinkled between. One layer may be colored to make this more attractive. To serve—turn out and cut in slices and serve with whipped cream.

DATE LOAF

4 eggs
1 c. sugar
1 c. nuts
1 c. flour
1 ℔. dates
1 t. s. Royal Baking Powder, (level)

Beat eggs and sugar together. Stone and chop dates. Roll dates and nuts in the flour to which baking powder has been added. Mix with eggs and sugar and bake. Serve with vanilla sauce.

PRUNE ORIENTAL GELATINE

½ envelope Knox Sparking Gelatine
¼ c. cold water
¼ c. scalded milk
½ c. sugar
Whites of two eggs
½ pt. heavy cream
1/3 c. milk
1/3 c. cooked prunes, cut in pieces
1/3 c. chopped figs

Soak gelatine in cold water five minutes. Place over hot water and when gelatine is dissolved, add sugar. Strain into a bowl, set in pan containing ice water, and stir constantly until mixture begins to thicken; then add whites of eggs, beaten until stiff, heavy cream diluted with milk, and beaten until stiff, prunes and figs. Turn into wet mold the bottom and sides of which are garnished with halves of cooked prunes, and chilled. Remove from mold to serving dish, and garnish with whipped cream (sweetened and flavored with vanilla), forced thru a pastry bag and tube, and chopped pistachio nuts.

SPANISH CREAM

½ envelope Knox Sparkling Gelatine
3 cups milk
3 eggs
½ c. sugar (scant)
¼ t. s. salt
1 t. s. vanilla

Soak the gelatine in the milk ten minutes. Place over hot water and when gelatine is dissolved, add sugar. Pour slowly on the yolks of eggs slightly beaten, return to double boiler and cook until thickened somewhat, stirring constantly. Remove from stove and add salt and flavoring, then add whites of eggs beaten until stiff. Turn into one large or individual mold, first dipped in cold water, and place in ice box. (This will separate and form a jelly on the bottom and custard on top) If desired, serve with whipped cream, or sliced oranges or other fruit. A cup of orange juice may be substituted for one cup of the milk, adding it after removing custard from the stove

GINGER PUDDING

2 eggs
1 c. sugar
1 c. butter
½ c. buttermilk
½ t. s. soda
½ t. s. ginger
½ c. syrup
2 c. flour

Cream butter and sugar, add eggs and syrup. Mix soda and buttermilk and add while stirring in flour. Serve with sauce.

LEMON SPONGE OR SNOW PUDDING

½ envelope Knox Sparkling Gelatine
¼ c. cold water
1 c. boiling water
¾ c. sugar
¼ c. lemon juice
Whites of two eggs

Soak gelatine in cold water five minutes, dissolve in boiling water, add sugar, lemon juice, and grated rind of one lemon, strain and set aside; occasionally stir mixture, and when quite thick, beat with wire spoon or whisk until frothy; add whites of eggs beaten stiff, and continue beating until stiff enough to hold its shape. Pile by spoonfuls on glass dish. Chill and serve with boiled custard. A very attractive dish may be prepared by coloring half the mixture red.

CHOCOLATE ICE BOX CAKE

6 eggs separated
½ c. butter
1/3 large cake chocolate
2 c. sugar
3 doz. lady fingers

Melt chocolate, cream butter and sugar. Add to chocolate and beaten yolks. Whip whites till stiff and dry and fold in. Put layer of lady fingers in pan. Pour the mixture over, then another layer of lady fingers and one of of the mixture on top. Put in ice box several hours before serving. Slice like cake and serve with whipped cream if desired.

ORANGE JELLY

Dissolve a rounding tbls. Knox Gelatine in ¼ c. cold water. add ½ pt. boiling water and 1 c. sugar. Boil together for five minutes the juice of 2 large oranges and 1 lemon. Cool partially and stir slowly into the yolks of 3 eggs smoothly beaten. Put on ice and serve with whipped cream.

ORANGE MOUSSE

Juice of 5 oranges
1 c. sugar
1 t. s. Knox Gelatine
1 pt. whipped cream

Dissolve gelatine in a little water and add to the orange juice and sugar. Let stand till nearly congealed then add the cream. Pack in ice and salt from 4 to 6 hours. Serves 8 people.

ORANGE PUDDING

3 grated oranges
1 c. sugar
1 c. milk
4 eggs
4½ tbls. rolled and sifted crackers
1 oz. butter

Cream the butter, stir in the grated oranges and sugar, then the well beaten eggs and crackers. Add the milk, mixed well, and bake in pudding dish.

PRUNE WHIP

Dissolve ½ package orange jello in ½ pt. boiling water. When it begins to cool whip until foamy. Have ready 1 c. prune pulp with the juice in which prunes were cooked (supposedly ½pt.) Whip prune pulp and juice which have been previously sweetened into jello. Let congeal and serve with whipped cream.

CHARLOTTE ROUSSE

4 eggs
1 pt. cream
4 tbls. sugar
¼ package Knox Gelatine

Beat egg yolks, add sugar, and beat until light. Add gelatine having soaked 5 minutes in cold water, then dissolved over hot water. Add whipped cream, then stiffly beaten egg whites, flavor to taste.

CHARLOTTE ROUSSE

Whites of 5 eggs
1 pt. cream
½ box Knox Gelatine
1 c. sweet milk
1 t. s. flavoring
½ c. sugar

Beat egg whites and whip into them the sugar. Whip cream until stiff, then mix well eggs and cream and stir into milk and dissolved gelatine.

BOILED CUSTARD FOR WHIPPED JELLO OR BAKED APPLES

Scald one cup milk, beat yolks of two eggs, add five tablespoons sugar. Pour gradually over them the scalded milk. Stir until creamy. Have egg whites stiffly beaten and pour into the mixture for a minute before removing from the heat. Cool and serve as a sauce.

HOW TO WHIP THE JELLO

Begin [illegible] jello while 'tis still liquid—cold but not yet congealed [illegible] whip till it is of consistency of thick whipped cream. [illegible] jello cold while whipping by setting dish in cracked ice. Use an earthern vessel and a flat egg beater or broad fork.

A layer of red and a layer of yellow jello, whipped and put together with fruit between makes a pretty dessert served with whipped cream. Let one layer thoroughly congeal, spread on the fruit and pour on second layer after it is cool but not congealed.

VANILLA SAUCE

½ c. sugar
3 level t. s. cornstarch
1 c. boiling water
1 tbls. butter
1 t. s. vanilla

Mix the sugar and cornstarch thoroughly in saucepan; stir in the boiling water; add the butter, boil and stir until the mixture is transparent and add the t. s. vanilla after the sauce is taken from the fire. The addition of a few raisins or nuts will improve this sauce.

FOAMY SAUCE

2 egg whites
½ c. sugar
½ c. orange juice
1 tbls. grated orange peel

Beat whites of eggs till stiff and dry. Add sugar and orange juice gradually, beating constantly. Add last the grated rind. Serve at once on puddings or pastry desserts. Any flavoring may be substituted for the orange.

HOT CHOCOLATE SAUCE

1 c. boiling water
1 ounce unsweetened chocolate
½ c. sugar
Pinch salt

Cook all the ingredients together slowly until they form a syrup slightly thicker than maple syrup. Add the vanilla just before serving.

HARD FRUIT SAUCE

¼ c. butter
1 cup powdered sugar
2 tbls. cream
1 cup crushed fruit

Cream butter and work in the sugar and the cream alternately. To this base add a cup of strawberries, peaches, apricots, or other fruit, crushed until very soft.

CARAMEL SAUCE

A caramel sauce may be made in same way as the vanilla sauce by browning the sugar.

RAISIN SAUCE FOR PLAIN ICE CREAM

1 cup seeded raisins
1 cup water
½ cup walnut meats
2 cups sugar

Put raisings and nuts through food chopper. Boil crushed raisins in the one cup water for a few minutes. Drain off raisin liquor and boil with sugar for three minutes. Remove from fire, add raisin pulp and nuts. When ice cold pour over vanilla or chocolate ice cream.

FROZEN DESSERTS

VANILLA ICE CREAM

Scald 2 cups milk in the double boiler, add one cup sugar which has been thoroughly mixed with two tablespoons of flour and cook for fifteen or twenty minutes. Pour over the beaten yolks of two eggs, return to the fire and cook for two minutes. Add to this while hot one teaspoon Knox's Gelatine which has been soaked for five minutes in one tablespoon of cold water, and chill the mixture. Whip one and one-half pints of heavy cream until stiff and fold into the cooked mixture. Add two teaspoons vanilla and one-eighth teaspoon salt. Freeze. If cream is not obtainable use stiffly beaten egg whites and one large can Pet Cream.

MILK SHERBET

One package Knox's Gelatine dissolved in a little cold water. Add two cans of condensed milk. Beat whites of eight eggs to a stiff froth. Add enough sweet milk to make about a gallon. Put in gelatine and sweeten to taste. Pour in freezer and when chilled add any fruit desired.

APRICOT SHERBET

1 can apricots
2 eggs
2 cups water
1 c. sugar

Beat sugar and eggs to cream; add 2 cups water to apricots using juice in can to complete the 2 cups. Mix and freeze at once.

FRUIT SHERBET

½ envelope Knox Sparkling Gelatine (scant measure)
1½ cups sugar
1 orange
3 cups rich milk
1 lemon

Grate the outside of both orange and lemon. Squeeze out the juice and add to this the sugar. Soak the gelatine in part of a cup of milk for five minutes and dissolve by standing in pan of hot water. Stir into the rest of the milk. When it begins to freeze add the fruit juice and sugar, and fruit of any kind if desired. This makes a large allowance for five persons.

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CANDIES

DATE LOAF

Three cups sugar, one cup milk. When this boils put in one pound seeded dates and cook 'til stiff or of consistency of mush. Set aside 'til nearly cold, then stir in a cup of nuts and add a pinch of salt. Pour out on a wet napkin and roll. When hard, cut in slices. Special care is necessary to prevent scorching after dates have been added.

CARAMEL CANDY

4 cups sugar
1 cup sweet milk
2 tablespoons butter
2 cups pecan meats

Put into a stew pan three cups sugar, one cup sweet milk, and two tablespoons butter. Let this boil 'til it forms a soft ball in cold water. then melt the other cup sugar until a light brown, pour into the first mixture, stirring constantly. When it has boiled up well remove from the fire and set aside to cool. When nearly cold stir in the pecans and pour or drop from a spoon into a buttered dish.

MOLASSES PULLED CANDY

2 cups molasses
2/3 cup sugar
3 tablespoons butter
1 tablespoon vinegar

Put sugar, butter and molasses in a boiler over fire and stir until sugar is dissolved. Boil until it drops brittle in cold water. Add vinegar just before taking from the fire. Pour into buttered dish. When cool enough to handle pull until porous and light colored. In pulling allow candy to come in contact with only the tips of fingers and thumbs.

PEANUT FUDGE

Boil two cups of molasses to the soft ball stage; then stir in two cups of finely ground peanuts, or one cup peanut butter, and a pinch of salt. Boil just a minute longer, and remove from fire. Add a teaspoon of vanilla and stir until creamy. Pour into buttered pans and cut into squares.

PEANUT BRITTLE

2 cups sugar
1 cup shelled peanuts
1 cup shrelled peanuts
⅛ teaspoon soda.

Chop peanuts and spread evently in a buttered pan. Put sugar into a smooth frying pan and stir constantly until sugar is melted to a golden brown syrup. Remove from fire, add soda, stir well and pour over nuts. Mark in squares, when cold break into pieces.

DIVINITY

2½ cups sugar
½ cup corn syrup
½ cup water

Cook 'til it will spin a thread, then pour one half of it over the stiffly beaten whites two eggs. Cook other half until it forms a hard ball in water. Then pour the two together, add a pinch of salt and beat 'til creamy. Then pour into a buttered dish or drop from spoon.

MINTS

1½ cups sugar
½ cup boiling water
6 drops oil pepperment

Put sugar and water into granite sauce pan and stir until sugar is dissolved. Boil ten minutes, remove from fire, add pepperment and beat to right consistency. Drop from tip of spoon on slightly buttered paper

FRENCH DAINTIES (CANDY)

4 level tbls. Knox Acidulated Gelatine
4 cups granulated sugar
1½ cups boiling water
1 cup cold water

Soak gelatine in cold water ten minutes. Place sugar and boiling water on fire and when sugar is dissolved add gelatine and boil slowly fifteen minutes. Remove from fire and divide into two equal parts. To the one part add ½ teaspoonful lemon flavoring found in separate envelope and two teaspoons lemon extract. To the other part add ¼ teaspoonful lemon flavoring and one teaspoon extract of cinnamon, cloves or whatever flavor preferred. If peppermint is desired use ½ teaspoon only . Any coloring desired may be added. Pour into bread tins which have been dipped in cold water, to the depth of ¾ inch and let stand over night. Turn out and cut in squares and roll in powdered or fine granulated sugar.

CANDIED ORANGE PEEL

Remove peel from four thin skinned oranges in quarters, cover with cold water and bring to boiling point and cook slowly until soft. Drain and remove white portion using a spoon and cut yellow portions in strips using scissors. Boil one-half cup water and one cup sugar until syrup will thread when dropped from tip of spoon. Cook strips in syrup five minutes, drain and coat with fine granulated sugar.

COCOANUT CANDY

3 cups sugar
3 egg whites
1 cup water
2/3 cup Karo Syrup
2 cups cocoanut
1 teaspoon vanilla flavoring

Cook Karo, cocoanut, sugar and water until it will form a soft ball in cold water. Beat whites of eggs until stiff, then pour the syrup slowly into the egg whites beating constantly. Continue beating until it will hold its shape when dropped from a spoon. Add nuts and flavoring and pour into a dish or drop from a spoon. If cocoanut is not cooked with Karo and sugar the candy will not be firm.

FONDANT

2½ pounds sugar (five cups)
1½ cups hot water
¼ teaspoon cream of tartar

Put ingredients into a pan, place on stove and heat gradually to boiling point. Boil without stirring 'til it will form in cold water a soft ball that will hold its shape. Pour onto a slightly buttered marble slab and let stand to cool but not until it becomes hard around the edges. Scrape fondant to one end of marble and work with wooden spoon until white and creamy. It will quickly change from this consistency and begin to lump when it should be kneaded with the hands until smooth. Cover with oiled paper that a crust may not form on top. Let stand twenty-four hours. Always make fondant on a clear day, as a damp atmosphere has an unfavorable effect on boiling sugar.

MOLASSES FUDGE

2 cups molasses
1 cup sugar of
1 cup peanuts

Cook molasses and sugar until it will form a soft ball in cold water. Add nuts when about half done, so they will be half parched. Take up and beat as in chocolate fudge. Pour into a buttered platter and cut in squares.

CHOCOLATE FUDGE

3 cups sugar
1/3 cup Karo Syrup
1 cup cold water or milk
3 tablespoons butter
1 teaspoon vanilla
1 cup nuts
1/3 cup cocoa or two squares chocolate.

Mix sugar and cocoa, add syrup, milk, butter and salt, and cook until it will form a firm ball in cold water. Remove from fire and place vessel in cold water. When cool beat. If too hard thin with butter or milk. Stir in nuts and flavoring and pour on buttered platter. Cut in squares.

BUTTER TAFFY

3 c. brown sugar
½ c. molasses
¼ c. water
¼ c. vinegar
4 tbls. butter
1 t. s. vanilla extract

Boil sugar, molasses, water, and vinegar. When crisp in cold water add butter and cook 3 minutes. Add vanilla and cool on buttered pans and break into pieces.

BUTTER SCOTCH

2 c. sugar
2 tbls. water
2 tbls. butter

Boil without stirring until brittle in cold water. Pour out on buttered plates to cool.

CANDIED ORANGE PEEL

Remove peel from four thin-skinned oranges in quarters. Cover with cold water, bring to boiling point, and cook slowly until soft. Drain, remove white portion, using a spoon, and cut yellow portions in strips, using scissors. Boil one-half cup water and one cup sugar until syrup will thread when dropped from tip of spoon. Cook strips in syrup five minutes, drain, and coast with fine granulated sugar.

PRESERVES

FIG JAM

Wash and peel ripe figs. Mash them well and put one measure of fruit to one-half of sugar. Cook until the right consistency and put in jars while hot.

PEAR HONEY

Put unripe pears through food chopper—keep and use all water that comes from them. Measure one cup ground fruit to three-quarters cup sugar. Flavor with lemon juice and rind. Cook till clear and put in jars while hot.

ORANGE MARMALADE

3 oranges
3 lemons
1 grapefruit
3 quarts water

Pare only grapefruit. Cut all in slices and let stand all night in water. Boil until tender. Then a measure of sugar for measure of juice. Cook until it jellies.

WATERMELON RIND PRESERVES

Pare off green part of rind and cut as desired. Weigh pieces and allow to each pound one and one-half pounds sugar. Soak rinds in lime water twelve hours, using water enough to cover about one tablespoon lime to two and one-half quarts of water. Then soak in clear water for twelve hours. Boil in clear water one half hour. Mix sugar, using one pint of water to one and one-half pounds sugar. Boil and skim until clear. Put in fruit and cook until transparent.

BLACKBERRY JAM

Wash berries and place on stove with small amount of water and cook until tender. When cool run through a colander to remove seed. Measure pulp and to each quart put one quart sugar. Boil until it thickens when a little is put in a saucer and cooled. Put up in jars while hot.

PICKLES

CHUNK CUCUMBER PICKLES

Cover fifty medium sized cucumbers with strong brine, allowing two cups of salt to four cups water. Let stand in the brine three days. Then cover with clear water three days. Cut in one inch cubes. For seven pounds of cucumbers, allow three pints of vinegar. Add one teaspoon powdered alum, simmer slow for two hours. Skim out cucumbers, put in large stone jar. Add to the vinegar three pounds sugar, one ounce each of whole spice, cinnamon and celery seed. Bring to a boil and pour over cucumbers. Put a few pieces of garlic in jar before closing.

PEPPER RELISH

1 quart vinegar
3 cups sugar
12 large green peppers
12 large red peppers
14 medium sized onions
1 teaspoon salt

Put through meat chopper, pour boiling water over and let stand five minutes. Drain and pour boiling water over again, and cook five minutes. Drain and add vinegar, sugar and salt and boil ten minutes.

COLD CUCUMBER PICKLE

1 gallon vinegar
1 box mustard
1 cup sugar
1 cup fine salt

Wash and dry cucumbers and pack in jars with above mixture.

PLUM SAUCE

7 pounds plums
4 pounds sugar
1 pint vinegar

Cook to a jam and put in spices to taste, after the jam is removed from fire.

CHOW CHOW PICKLE

½ peck green tomatoes
¼ peck onions
½ cup salt
¼ pound mustard seed
1 ounce cloves
1 ounce cinnamon
1 ounce ginger
1 ounce pulverized mustard
1 ounce tumeric
1 ounce celery seed
½ teaspoon red pepper
2 quarts vinegar
1½ pounds sugar

Chop fine the tomatoes and onions, sprinkle with salt and let stand over night. Drain and mix tumeric with tomatoes and onions. Put spices in bags—dissolve sugar in vinegar—add chopped ingredients with spices. Boil thirty minutes.

GREEN TOMATO SOY

2 gallons green tomatoes sliced
12 good sized onions sliced
2 quarts vinegar
1 quart sugar
2 tablespoons each salt, ground mustard and ground black pepper
1 tablespoon of cloves and allspice

Mix all together and stew until tender. Stirring often lest they should scorch. A good sauce for meat or fish.

CHILI SAUCE

8 quarts ripe tomatoes
3 cups peppers
2 cups onions
3 cups sugar
1 cup salt
1½ quarts vinegar
3 teaspoons each of cloves and cinnamon
2 teaspoons each of ginger and nutmeg

Peel tomatoes and chop them and peppers and onions very fine. Boil three hours.

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MISCELLANEOUS

CHEESE BALLS

2 c. grated cheese
1 tbls. flour
1/3 t. s. salt
Pinch of mustard and red pepper

Into this mixture stir whites of 3 eggs, well beaten. Shape into balls size of a hickory nut, roll in cracker crumbs, and fry in deep fat.

CHEESE STRAWS

To 8 tbls. grated cheese add 1 egg, 1 level tbls. butter, a pinch of salt, red pepper, and baking powder. Mix and then work in just enough flour to roll. Cut in thin strips and bake.

CREAMED EGGS

3 hard boiled eggs
6 slices toast
1 cup cream sauce
½ c. grated cheese

Put slices of eggs, on toast, and pour hot sauce around them, Sprinkle grated cheese on top and serve at once.

PLAIN OMELET

4 eggs
¾ c. milk
2 crackers (crumbled very fine)

Add crackers, a dash of salt and pepper and a pinch of Royal Baking Powder. Fold the whites into this very lightly. Pour into a hot greased pan and bake in a slow oven. Serve at once. A plain omelet may be varied by folding into it when taken from the oven grated cheese, prepared English peas, tomatoes or minced ham.

SCRAMBLED EGGS WITH CHEESE

5 eggs
5 tbls. grated cheese
5 tbls. milk

Beat eggs till whites and yellows are well mixed. Stir in the milk, add a quarter t. s. salt and a dash of pepper. Pour into hot frying pan, greased with a rounding tbls. shortening. When nearly done add the cheese, mix well and remove from the pan, when light and fluffy.

SPANISH OMELET

1 large onion
1 green pepper
1 small can tomatoes
1 small can English peas
2 heaping tbls. butter
salt and pepper to taste.

Put butter in sauce pan, add onion and pepper finely chopped. Cook until tender but do not brown. Add tomatoes, peas, pepper and salt and cook until all water is absorbed. Double the above recipe for plain omelet and use this mixture with it, folding part in the omelet and pouring remainder over top.

SANDWICH FILLING

To 1 package of Philadelphia Cream Cheese, add one onion grated, a pinch of salt and a little pepper, and 1 tbls. mayonnaise. Mix well and place on ice for two hours before making sandwiches. Grated cucumber used instead of cheese also makes a delightful sandwich.

NUT AND RAISIN SANDWICH FILLING

1½ cups seeded raisins
½ c. chopped nuts
Juice of ½ lemon

Pass thru food chopper, blend smoothly and moisten with lemon juice and spread between well buttered slices of bread. This may be varied by using whipped cream instead of butter.

CHEESE APPLES

2 c. grated cheese, pinch of mustard, pepper and salt. A few drops of lemon juice. Roll into smooth balls the size of a hickory nut. Make a dent in opposite sides sticking a clove in one and a small sprig of green with tiny leaves in the other. Color with red fruit coloring, blending with fingers, to represent an apple.

BANANA FRITTERS

3 bananas mashed
1 c. flour
1 egg
½ c. milk
1 tbls. sugar
¼ t. s. salt
1 rounding t. s. Royal Baking Powder

Mix and fry in spoonfuls in hot fat.

WELSH RAREBIT

2 c. grated cheese
2 eggs
½ c. milk
1 t. s. flour
Salt, pepper, mustard, dash of cayenne to taste.

Heat milk. Mix cheese, flour, mustard, salt, pepper and well beaten egg. Add hot milk gradually. Cook till thick and creamy, stirring constantly. Pour over well buttered toast and serve.

BEVERAGES

TEA

2 teaspoons tea leaves
1 quart boiling water

Have boiling water in earthen or china tea-pot. Put tea leaves in tea-ball and let stand in boiling water five minutes. Serve.

PUNCH

1 doz. lemons
2 cans grated pineapple
1 can white cherries
2 bottles gingerale
1 qt. grape juice
1 cup tea leaves steeped
1 cup water
4 cups sugar
This makes about 2 gals.

Make a syrup by boiling sugar and water together for 10 minutes; add other ingredients and let stand half hour before serving.

COFFEE

6 tbl. spoons ground coffee
White of 1 egg stirred in coffee
7 cups cold water

Boil 5 minutes, then set back on stove 10 minutes. Serve.

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